

# ABSTRACT OF THE DISCLOSURE

The present invention provides a release sheet and a pressure-sensitive adhesive sheet superior to a release sheet using a conventional ethylene polymer in peeling property.

- 5 Specifically, in an ethylene polymer to be used for a release sheet for a pressure-sensitive adhesive sheet, (i) the spin-spin relaxation time ( $T_2$ ) of proton of the amorphous region and the ratio of the amorphous region calculated from the relaxation time ( $T_2$ ) are adjusted to certain ranges, or (ii)
- 10 the bearing ratios obtained by measuring the surface of a release sheet containing the ethylene polymer with an atomic force microscope is adjusted to a certain range.

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